

**2nd "WARHORSE"
Brigade
4th Infantry Division (M)**



**FAMILY CARE
BOOKLET**

January 2003

***Remember: Whenever you
have a problem, concern, etc.
please call Name***



**BDE POC Name @ Phone
#**

**ALT BDE POC Name @
Phone #**

YOUR FAMILY READINESS GROUP

The Family Readiness Group is an organization of spouses designed to assist and support family members.

The FRG can:

- Be a point of contact
- Give you information to help you solve problems
- Provide assistance in easing the burdens of separation
- Assist family members in obtaining important information

Every spouse is encouraged to be an active part of the FRG, not only to receive help, but to help others. The FRG is a continuous activity of the HHC and therefore it extends beyond deployment times. You should always have a current unit phone roster. It is important that your roster contain your current address, mailing address, and telephone number; you will be linked with a section and provided a list of telephone numbers for contacts. Under provisions of the Privacy Act, the release/publication of your address and telephone number will be for official purposes only.

The Family Readiness Group Representative for HHC is Ms. Cynthia Greene. Her main purpose is to assist you with your concern, organize FRG activities, give out information and refer family members when in need.

Be familiar with your family readiness group.

- You will be notified through your unit telephone TREE or roster of important information pertaining to deployment.
- Ensure that your Unit Family Readiness Group roster contains your current mailing address and telephone number. Notify your FRG representatives if there are any changes.
- Keep your unit contact person's name and telephone number posted near your telephone.

AMERICAN RED CROSS

The American Red Cross (ARC) assists with reporting and communicating while your spouse is deployed. ARC will assist with medical reports, birth notices, emergency notification of your spouse during deployment, as well as verification for emergency leave. Counseling and referrals on personal and family problems are offered. Emergency financial assistance is available for emergency travel expenses as well as food, rent, current utilities, and possible transportation expenses when normal pay has been interrupted or not received through no fault of the soldier. ARC has opportunities for persons to perform volunteer services of many types.

Office Hours are from 0730 to 1630 hrs, Monday thru Friday.

Telephone Numbers:

- Main Office, (4520 E. Central Expressway Suite 106, Killeen) - 690-0612
- Branch Office, (Bldg. 1822, 49th and Battalion) - 287-0400
- Darnall Army Community Hospital Office - 287-4745
- 24 Hour Telephone Number - 1-877-272-7337

EMERGENCY NUMBERS

Rear Detachment SDO/NCO.....	288-7508/7509
Ambulance.....	911 or 288-8111
Chaplain (Crisis Line, 24 hrs).....	287-HELP
Emergency Room (DACH).....	288-8113/8114
Field Officer of the Day.....	287-8080
Mental Health Services.....	287-5131/7712
Fisher House.....	532-3730
BOSS Hotline.....	287-2677
ACS Help-Line.....	287-4357
Child/Spouse Abuse (Duty Hours)	287-2273

Police Department:

Military Police.....	See Provost #'s Page
Killeen.....	526-8311
Harker Heights.....	699-7600
Copperas Cove.....	547-4272
Florence.....	793-3110
Nolanville.....	698-6334

Fire Department:

Fort Hood.....	117
Killeen.....	

Brigade Phone Numbers:

Brigade Staff Duty.....	288-7509
Brigade Commander.....	287-2049
Brigade Executive Officer.....	287-2042
Brigade Command Sergeant Major.....	288-7488
Brigade Adjutant.....	288-7502
Brigade S-1.....	288-7508
Brigade S-2.....	287-1941
Brigade S-3.....	287-2098
Brigade S-4.....	287-3333
Brigade S-6.....	288-7519
Brigade Chaplain.....	287-1635
Brigade CFS.....	287-5596
Brigade Surgeon.....	618-8056
Brigade EO.....	287-1534
Brigade Legal.....	287-1782
HHC Commander.....	286-6711
HHC 1SG.....	287-0835
BRT Commander.....	287-4738
BRT 1SG.....	286-5163

Fort Hood Phone Numbers:

Apache Arts and Crafts Center.....
287-0343

Auto Craft Shop.....287-
0011

Cable Vision.....532-
5341

Chaplain Division.....287-
2913

Child Development Center
Registration.....287-
8029

Main (Hourly).....287-
6037

Clear Creek.....288-
5222

Comanche.....287-
4848

Commissary
Clear Creek.....287-
6648

Warrior Way.....288-
0854

Darnall Army Community Hospital
Appointments.....288-
8888

Cancellations.....288-
7777

Dial-A-Nurse.....1-800-611-
2875

Information.....288-
8000

Pharmacy.....288-
8159

Billy Johnson Dental Clinic.....286-
7401

Dental Clinic #5.....288-
7863

Guest Housing.....532-
2100

Fort Hood Phone Numbers:

TRICARE.....532-
0833

406-2832 Service Center.....1-800-

Youth Centers

6745 Bronco.....287-

5834 Comanche.....287-

5646 High Chaparral.....287-

4948 Walker.....287-

1435 West Fort Hood.....288-

9833 Youth Services Office.....287-

Safety Office.....288-
2157

Shipping (Household Goods)
.....287-0219

School Business (KISD).....
520-1300

Recreation Division (MWR)
.....287-7950

Range Control.....287-
3321

Reenlistment.....287-
8348

Unit Services
Coordinator.....287-3071

Tax Assistance.....287-
3294

Transportation
Office.....287-7543

Veterinary Clinic (Appt.)
.....287-6719

Voting Assistance.....287-
1850

Welfare Center.....287-

EMERGENCIES

What if the deployed spouse has an emergency?

If your spouse develops a serious problem while deployed (sickness, injury, etc.), you will be contacted by the Rear Detachment Commander, a company commander's representative, a member of the FRG, and/or the Community Chaplain. If someone else calls you to report an injury to your spouse, **call the Rear Detachment Commander immediately to verify it!!!**

What if you have an emergency?

If you develop a serious problem while your spouse is deployed, contact one of the following immediately:

Rear Detachment Officer/NCO: MAJ Peter Stanonik @ 288-7502 or

MSG Marshall Flood @ 288-7508

Red Cross 24 Hour Contact: 1-877-272-7337

EMERGENCY LEAVE

An emergency is the death, critical illness, or injury to an immediate family member such as a spouse, parent, child, or grandparent/guardian (if they raised the soldier in place of his/her parents).

The following are guidelines used to determine if a soldier will be permitted to take emergency leave:

- Because of member's presence will contribute to the welfare of a terminally ill member of the immediate family when expected date of death is within the month.
- Because of a death of an immediate family member.
- For a serious situation involving accident, illness, or required major surgery that cannot be postponed due to the urgency of the medical condition. The situation must result in a serious family problem. The family problem must impose important responsibilities on the member that must be met immediately and cannot be accomplished from member's duty station or by any other individuals or means.

The medical definition of critically ill or injured means the possibility of death or permanent disability. The commander may approve other situations, not listed above, as "emergency" in nature. Birth of a child does not necessarily constitute a medical emergency, unless the child or mother are in a life threatening situation.

The Rear Detachment Commander will be in contact with the unit on a regular basis and can pass urgent messages to the unit to be relayed to your spouse. If your spouse's presence is absolutely necessary and it is confirmed by appropriate military professionals (doctor, Red Cross, etc.), we will get your spouse home.

As soon as the emergency passes, your spouse may return to his/her unit. To assist you in providing pertinent information needed to determine the extent of the emergency, an Emergency notification Form is included below.

Friends, relatives , chaplains, and family assistance agencies in our community can often turn "emergencies" around.....**try them!!!**

EMERGENCY NOTIFICATION INFORMATION

Soldier's Full Name: _____

Soldier's Rank and Pay Grade: _____

Soldier's Social Security Number: _____

Soldier's Unit Address: _____

Name of Exercise Soldier is on: _____

Full Name of Ill/Injured/Deceased Person: _____

Relationship of Person to Soldier: _____

What Hospital or Funeral Home is Person In: _____

Who is the Doctor Treating the Person: _____

Family Member Who Can Provide More _____

RED CROSS NOTIFICATION

(To Be Filled Out By Service Member and Sent Home)

Dear Family:

In the event of your need to contact me quickly or need my presence at home, you must contact the American Red Cross (ARC) in your local community before I can receive permission to come home. A message from the American Red Cross is required before I can get the documents for transportation on military aircraft and/or commercial aircraft, and for leave authorization.

The following is information that you should provide the local American Red Cross in contacting me:

- My Social Security

Number: _____

- My Full

Name: _____

- My Rank

is: _____

- My Mailing Address

is: _____

-
- My Duty Station is: _____ Duty

Phone: _____

- My Residence Address

is: _____

- My Home Telephone Number

is: _____

In addition, they will request some detailed information as to the nature of the emergency. As a minimum, you will need to know the name and address of the doctor/hospital, plus a statement as to why I am needed. I realize in case of death or critical illness in the family that you would want to call me directly, but you must also contact the Red Cross to authorize and expedite travel arrangements. The Red Cross may be contacted 24 hours a day and there is no charge for this service. Please place this document in the telephone book so that it can be found in case of emergency.

NOTIFICATION OF DEPARTURE

FROM THE AREA

If you leave the Fort Hood, Texas area for any reason, it is important that the Rear Detachment Commander know where you are. There may be an emergency, either in the field or during deployment, and the unit will need to contact you. This is true whether you leave the state permanently, leave for a short visit, or go to visit friends.

If you cannot contact the unit to provide your location, please **fill** out the form below and mail or drop it off at the unit or leave it with a neighbor to deliver to the unit.

To: Rear Detachment Commander
(Unit Address)

Fort Hood, Texas 76544

This is to inform you that I have left the community. I can be reached at the following location:

NAME: _____

-

C/O: _____

-

ADDRESS: _____

-

TELEPHONE

Problem Solving Index

A guide to find out which agency is Responsible for Handling what Problem

Administrative board actions.....	
....Legal	
Adoptions.....	Leg al
Alcohol/Drugs	
ADAPCP	Civilian program coordinator.....
Counseling.....	Hospital
Testing.....	Drug Abuse ADAPCP
ADAPCP	Prevention/Education.....
Army Family Team Building (AFTB).....	Outreach
Program	
Baby Sitting Information.....	CYS
Billeting.....	Hous ing
Child Abuse.....	Hospital
(SWS)	
Child and Youth Services.....	CYS
Civilian EEO.....	EEO
Claims.....	Legal
College Courses.....	Education
Command Finance NCO (CFN) Program.....	ACS
Community Forum, Army Family Action Plan (AFAP)	
.....Outreach Program	
Complaints Regarding Any Issue.....	IG
Congressional.....	
Consumer Affairs.....	ACS
Crafts.....	DCA Recreation
(MWR)	
Crimes/Personal/Property (Provost Marshall)	PMO
Crisis Services.....	ACS/Hospital
DEERS Enrollment.....	PSB
Disabled Family Member (EFMB)	ACS
Discrimination Complaints.....	(EO)

Problem Solving Index

A guide to find out which agency is Responsible for Handling what Problem

Household Items (Loan Closet).....	
.....ACS	
Housing Information.....	Housing
ID Cards.....	PSB
In processing.....	PSB
Landlord/Tenant.....	Housing/Legal
Lawyer Referral.....	Legal
Library (MWR).....	DCA Recreation
Locked out of Quarters.....	Housing
Magistrate Court.....	
Medical Care.....	Hospital
Marital Counseling.....	Chaplains/Hospital (SWS)
Mayors Program.....	Outreach
Program	
Name Change.....	
Legitimization.....	Legal
ID/DEERS.....	PSB
Newcomers.....	PSB
Briefings and Expos.....	DCA
Non-Support.....	
IG/Legal	
Notary Public.....	
Legal	
Nutrition.....	Hosp ital
Occupational Health.....	
....Hospital/Wellness Center	
Outdoor Recreation.....	DCA
Recreation (MWR)	
Paternity.....	
ACCS/NDRC.....	

Problem Solving Index

A guide to find out which agency is Responsible for Handling what Problem

Retirement.....
PSG

Risk Management.....
Safety

Safety Literature.....
Safety

Safety Training..... Safety

Self Help Store.....
Housing

Sexual Harassment

Civilian..... EEO

Military..... EO

Shipment (Car)

Property..... Personal Transportation

Shoplifting..... PMO (Desk
SGT)

Single Parent..... ACS

Smoking Cessation..... ADAPCP

Social Work Services.....
Hospital

Solicitors/Private Business..... ACS

Spiritual Needs..... Chaplains

Spouse Abuse..... Hospital
(SWS)

Stray Animals..... PMO (Desk
SGT)

Suicide..... Chaplains/Ho
spital

Survivor Benefits,
Casualty/Mortuary..... PSB

Taxes/Property..... Legal

Testing Center..... Educational..... Education

Center..... Army Personnel..... Education

Tobacco Cessation (Classes)

FAMILY DEPLOYMENT CHECKLIST

Although extended deployments are never easy on the family the hardships need not be increased by failure to plan ahead. A carefully prepared and executed pre-deployment checklist can save you and your family from giant headaches in the future.

It is very important for you, as a military family, to have certain documents in your possession. Military spouses are often required to take over the family during the sponsor's absence. Therefore, it is important that both of you sit down together to discuss information and documents named in this checklist. You are encouraged to keep originals or copies of all listed documents in a special container (safety deposit box) in a location you can find immediately and is known to both you and the sponsor.

- _____ Marriage Certificate
- _____ Birth Certificate of all family members
- _____ Divorce Papers
- _____ Death Certificates
- _____ Shot records of all family members (including pets)
- _____ Citizenship/Naturalization papers
- _____ Adoption papers
- _____ Passports, Visas (remove only when needed for international travel)
- _____ Insurance policies (Note: Company, policy number, and amount of payment)
- _____ Real Estate documents (leases, mortgages, deeds, or promissory notes)
- _____ Copies of installment contracts and loan papers
- _____ Current list of immediate next of kin, personal lawyer, trusted address friend (include phone number and
- _____ Car Title (registration should be in car)
- _____ Last LES (Leave and Earnings Statement)

FAMILY DEPLOYMENT CHECKLIST (COND.)

Social Security Number for each family member
 Current addresses and telephone numbers of all families of both spouses

immediate The following should be completed prior to deployment:

Next of kin informed of rights, benefits, assistance available

Family budget and business arranged (see Financial Section for Budget Worksheet)

Emergency Data Card updated in Military Personnel Record

account Joint checking/savings account arranged (list all numbers)

of Parents informed of how to make contact in case of emergency

Armed Forces ED Cards (renew if ID card expires within next 3 months; Rear Detachment Commander can sign for ID replacement after soldier deploys)

(AER) Emergency services explained and located
 Red Cross/Army Emergency Relief

Medical facilities/TRICARE
 Army Community Services (ACS)
 Legal Assistance Office

identified Security check on house
Problems with cars, household, and appliances and resolved
 sponsor's Power of Attorney
General: Allows holder to act on all matters on behalf

FAMILY DEPLOYMENT CHECKLIST (COND.)

Wills for both spouses
 Orders
 Copy of Emergency Data Card
 List of all credit cards and account numbers
 List of all stock and bonds
 spouse must General AAFES Deferred Payment Plan (DPP), (to use, be listed as an authorized user to hold sponsor's Power of Attorney)
 years Federal and State Income Tax Returns (last 5 years)

TIME CONVERSION CHART

Kore a	HI	Pacifi c Std. Time	Mtn. Std. Time	Ctrl. Std. Time	East Std. Time	GMT	Germ - Any	SWA
0100	0600	0800	0900	1000	1100	1600	1700	1900
0200	0700	0900	1000	1100	1200	1700	1800	2000
0300	0800	1000	1100	1200	1300	1800	1900	2100
0400	0900	1100	1200	1300	1400	1900	2000	2200
0500	1000	1200	1300	1400	1500	2000	2100	2300
0600	1100	1300	1400	1500	1600	2100	2200	2400
0700	1200	1400	1500	1600	1700	2200	2300	0100
0800	1300	1500	1600	1700	1800	2300	2400	0200
0900	1400	1600	1700	1800	1900	2400	0100	0300
1000	1500	1700	1800	1900	2000	0100	0200	0400
1100	1600	1800	1900	2000	2100	0200	0300	0500
1200	1700	1900	2000	2100	2200	0300	0400	0600
1300	1800	2000	2100	2200	2300	0400	0500	0700
1400	1900	2100	2200	2300	2400	0500	0600	0800
1500	2000	2200	2300	2400	0100	0600	0700	0900
1600	2100	2300	2400	0100	0200	0700	0800	1000
1700	2200	2400	0100	0200	0300	0800	0900	1100
1800	2300	0100	0200	0300	0400	0900	1000	1200
1900	2400	0200	0300	0400	0500	1000	1100	1300
2000	0100	0300	0400	0500	0600	1100	1200	1400
2100	0200	0400	0500	0600	0700	1200	1300	1500
2200	0300	0500	0600	0700	0800	1300	1400	1600
2300	0400	0600	0700	0800	0900	1400	1500	1700
2400	0500	0700	0800	0900	1000	1500	1600	1800

DEPARTMENT OF THE ARMY

Headquarters, 2nd Brigade
4th Infantry Division (Mechanized)
Fort Hood, Texas 76544

AFYB-AR-CO
2003

January

MEMORANDUM FOR : 2nd "Warhorse" Brigade Combat Team FRG

Leaders

SUBJECT: Family Readiness Group

1. You and your own Family Readiness Groups are vital to the success of this Brigade Combat Team and the accomplishment of our mission. The Brigade S-1 Section has put together this guide which we hope you, your family and your own FRG leaders will find helpful. It contains information about what is available in the Ft. Hood community for soldiers and their families. Please take time to look through this family care booklet carefully.

2. I want you to know that I believe families are very important and that a soldier cannot do his job if his family is not taken care of. The key to coping with separations caused by deployments or field exercises is to be prepared, to know where to find help when problems occur, and to help each other through our great FRGs. As part of this it is very important that you have a current Family Readiness Group phone roster for your unit.

3. Remember that the Army community is unique. The support individual family members give their soldier is very important for the welfare of the entire Brigade Combat Team. I sincerely appreciate that support, your leadership and all of the sacrifices that family members make for their soldiers. I hope that in a small way this guide will make your time in the "Warhorse" family easier and more enjoyable.

WARHORSE!

PROVOST MARSHALL PHONE NUMBERS

MP Desk Watch Commander.....287-4001
4ID Desk Sergeant.....287-4789
III Corps Desk Sergeant.....287-5019
MP Desk Emergency (Recorded).....287-2176/2177/2178
MP Investigations NCOIC.....287-4654
MPI Supervisor.....287-4759
MPI Evidence Custodian.....287-6676
MPI Child/Spouse Abuse.....287-4699
Juvenile/Gang Investigations.....287-5848
Game Warden.....287-4019
Cell Phone.....554-1164
Animal Control.....287-2732
Police Services Division.....287-8928
AWOL Apprehension.....287-1077
CPL/AWOL App/Conf Fax.....288-0322
CPL/AWOL App.....287-4403
Warrants.....287-1076/1078
Civil Police Liaison.....287-4403
Name Checks, MP Reports.....287-7123

Mail Release

**MAIL RELEASE
(Please Print)**

I _____ assigned to _____
(Name) (Unit Assigned)

Authorize _____ to pick up mail
(Spouse/Significant Other)

addressed to me at the unit mail room during the period

_____ through _____
(1st Day) (Last Day)

signature

How to Use the FRG Telephone Roster (Chain of Concern)

You will be notified through the Family Readiness Group telephone roster (chain of concern) of important information pertaining to the unit and the FRG. The FRG chain of concern is your *primary link* with the Army in the event of a deployment, and it is a means to communicate very important information. Reasons for the chain of concern can range anywhere from planning unit social functions, passing on general information, passing on information on deployment, homecoming, or emergency information. It is one of the most efficient ways of getting the correct information to you in a timely manner. Sending information home through the soldier seldom works effectively.

Participation is not mandatory. The chain of concern, however, functions to keep you in-the-loop and armed with the most up-to-date information concerning the unit. More importantly, it is a means of emergency notification. All spouses, therefore, are strongly encouraged to participate by completing a FRG questionnaire. Ensure that the FRG leader has your current mailing address and telephone number. If you want to keep your phone number confidential or unlisted, just let the FRG leader know of your decision, in writing, on your questionnaire. This way your number will not be printed on the roster; it will only be given to the FRG leader and your unit POC (Point of Contact).

If you plan to leave the area during a deployment, please contact the company FRG leader with a telephone number where you can be reached in the event of an emergency.

Please do not put us in a situation where we have to search for you or where we are unable to contact you in an emergency situation. Time is precious during the emergency notification process.

In the event of a deployment, *as soon as the information becomes available*, the Rear Detachment Commander (RDC) will contact the unit FRG leader, and they will initiate the FRG communications network to get the information to you.

In our Family Readiness Groups, the FRG leader will contact the section POC's, and they will personally call each of the families in their chain of concern.

If your telephone number or mailing address changes, contact your key caller to let them know!

If you have not received a copy of the current FRG phone roster, have your spouse pick one up from the company commander's office to keep near your telephone. Remember, **this roster is strictly confidential**. It should not be used for solicitations or mailing lists of any kind. It is only to be used for FRG purposes. Public access to the telephone numbers on this list could pose a safety risk to FRG members during a deployment, so be careful to **thoroughly destroy outdated copies** of the roster whenever you receive an updated

How Can I Manage Separation?

Stages of Separation:

There is no denying that the military lifestyle, especially unexpected deployments, can disrupt the family unit. Feelings associated with separation commonly come in stages. As soldiers prepare to deploy and leave, military families may experience:

- denial, shock, disbelief, and numbness
- anger, frustration with preparation demands, guilty feeling about the spouse's departure, and resentment of the military, spouse, and job
- guilt for not saying or doing more before deployment, or the children may feel they caused the departure
- depression, intense sadness, fatigue, loss of appetite, and withdrawal from routine
- acceptance, realizing and accepting the situation, resolving to continue on positively, confidence in handling day-to-day living, awareness of increased self-esteem and personal abilities.

Knowing these feelings are normal can help families cope. These stages occur in a universal order; however, a number of causes can trigger setbacks to previous stages. Individual situations and types of deployment can influence the intensity and duration of each stage.

How to Manage Separation:

To manage separation:

- Take good care of yourself
- Make sure you eat right
- Shop and cook for nutrition
- Get enough rest
- Make time for physical exercise. Walk daily; join an aerobics class, jog, bowl, etc.
- Treat yourself to a special outing, but stay within your budget
- Try to set aside time to do something you enjoy everyday

How to Manage Separation (Cont.):

- Participate in programs such as Army Family Team Building (AFTB), Mobilization and Deployment, and Family Readiness Training
- Contact family, friends, neighbors, and spouses of other deployed soldiers whenever you need practical or emotional support
- Set goals
- get involved in an activity, a hobby, a project, church, or volunteering. Volunteers may receive 50 hours of free childcare per month while doing their volunteer work.
- Talk about your feelings, doubts, and fears with a trusted friend, neighbor, coworker, etc.
- Stick to your budget
- Do not try to please everyone. Learn to say "NO"
- Be honest
- Learn about your acceptable/comfortable stress level

Children and Separations:

Children experience the same psychological patterns as their parents due to their own feelings of loss and their awareness of the overall emotional situation. They often test parents to find out if they bend more when the spouse is gone, particularly at the time of departure and again upon return. Some spouses overcompensate for their mate's absence by becoming permissive or overprotective with their children.

Keep discipline consistent. Some decisions are harder to make alone, but children need stability. Look at it this way: if one of the two most important people in your life were constantly coming and going - here two weeks, gone four to eight months, home two days - wouldn't your security be shaken? Imagine what it does to children. Insecurity, loss of status, and change in routine all add up to two complex emotions; hurt and anger, which are usually directed at the returning parent.

Children express their feeling in different ways:

- Their outward behavior is not always a good reflection of

Ideas for Managing Children:

Dealing with these problems requires the honest expression of feelings in the family. Even if there are no apparent conflicts, the following can make separation easier:

- Talk about feelings
- Keep busy during separation
- Maintain same rules for the children
- Encourage letter writing, sending pictures, artwork, and school work
- Play the taped stories and messages that were recorded for each child prior to the parent's deployment
- The absent parent needs to write separate letters to each child; each needs direct communication
- Make opportunities for special outings
- Be responsible for all discipline

Tell the Children:

- Your Mother/Father loves you and you are very important to them
- Try not to worry about your Mother/Father because the Army has trained them well and will take care of them for you
- What your Mother/Father is doing for our country is very important to all the people of our nation
- Sometimes, when your Mother/Father are away on a mission, you get lonely and miss them. This is normal and okay. It will make you feel better if you talk to others in your family.
- Your Mother/Father miss you when they're away, and they love to get messages or mail from you.

Staying in Touch During a Deployment

Letter Writing:

The need for two-way communication continues though you are separated by distance. The following is a guide that may make it easier to talk with each other by letter.

- Answer all questions. Write your spouse's letter and picture in front of you, as though you are talking directly to him/her. Let your spouse know how much you appreciate the letters, tapes, pictures, etc. In each communication, mention one or two things that made you feel especially close.
- Remember that the need to express affection does not diminish with the miles. "I love you" means just as much when it is written during a deployment as it does when spoken in person.
- Share your feelings as openly as you can without indulging in self-pity. Let your spouse know that you would like him/her to share his/her feelings. Try to communicate the feelings of love and appreciation that you feel. Let your spouse know how and why you love them.
- Above all, express yourself clearly so he/she won't have to think, "I wonder what she/he meant by that?" On the other hand, don't try to read between the lines or interpret a puzzling remark. If you don't understand, ask questions in your next letter.
- Some husbands and wives number their letters to eliminate confusion.
- Have Dad/Mom send separate letters to each child in the family. It will help maintain and strengthen their relationships. Children love to receive their own mail.
- Try to send photographs.
- Let children make a tape recording.
- Play calendar tag, which involves sending a small fold-over calendar back and forth in letters so the deployed parent and child can take turns marking off days.

Tape Recording:

If letter writing is difficult for you, consider purchasing a

Staying in Touch During a Deployment (cond.)

Telephone Calls:

Telephone calls are a quick way to communicate, but remember, long distance and overseas calls can be very expensive. Purchase phone cards for long distance calls both ways. Remember the difference in time zones as well.

To learn the time where your spouse is stationed, first find the time where you live. Then read across under the location of your soldier. This will tell you the time at his/her location. For example, if it is 1900 hours (7:00pm) for you in the Central Standard Time zone, then it is 0400 hours (4:00am) for your soldier in SWA (Southwest Asia), or 1000 hours (10:00am) for your spouse in Korea.

E-Mail:

E-mail is probably the most popular method of quick communication. It's very inexpensive and versatile; however, it can enable bad news to travel at the speed of light. Be careful of using this method of communication for an emotionally laden message. It's better to compose it, park it for a few hours, review it for clarity and kindness, and then send it. It still can't replace the letter for personal and romantic communication. And remember, e-mail is not secure - it can be read by anyone who uses the computer.

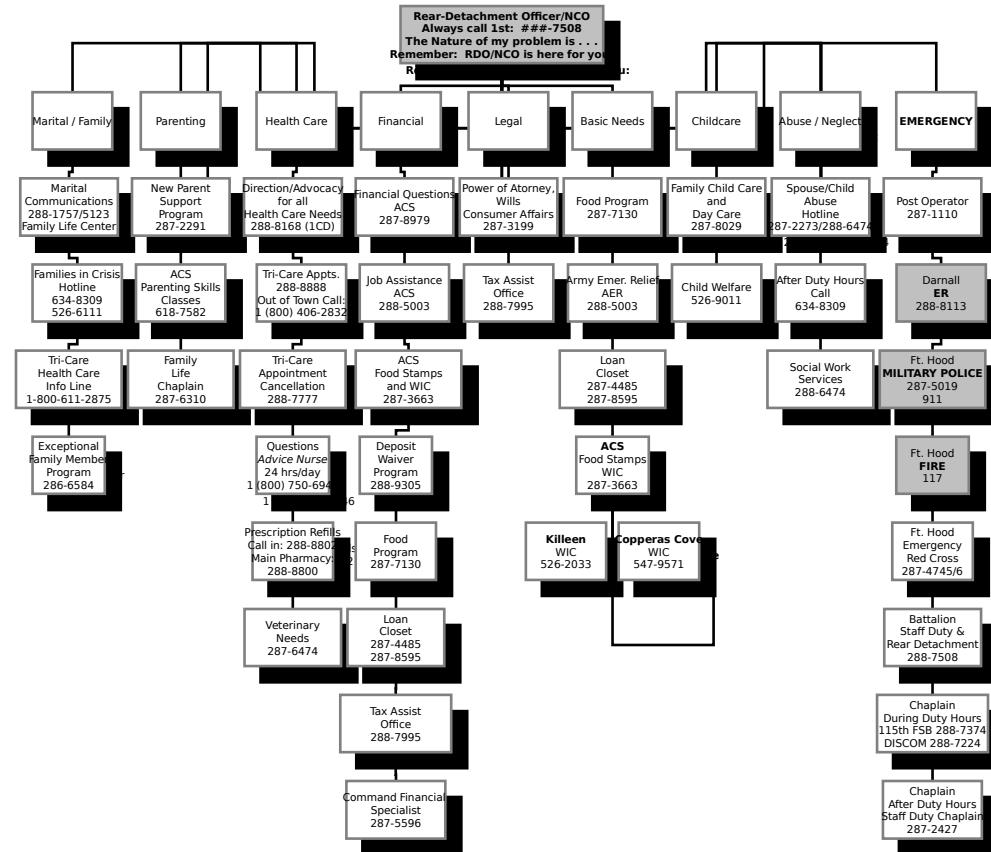
Video:

During some deployments, the company will be given access to video teleconferencing. There will also be some opportunities to exchange videos of our FRG and videos of our spouses at work.

Mail:

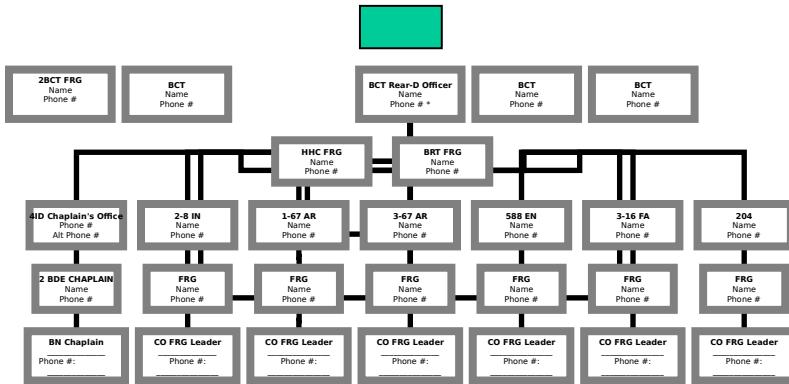
Letters from home boost morale and provide assurance of the family's welfare. Care packages are great pick-me-ups for lonely soldiers. Use any post office or the soldier's unit mailroom to mail letters to your spouse.

Any family member holding an identification card can pick up mail addressed to deployed soldiers at the unit mailroom when:





2nd "Warhorse" BCT Rear Detachment & FRG Chain



* Critical Note - these cell phones are the BN & BDE CDRs official phone that they will pass to their Rear-Detachment Officer upon deployment. Please do not try to reach the rear detachment officers until the unit has departed. Until the unit has deployed the BN & BDE CDRs will be using the phones.